

Week of March 9, 2026									
Atlantis Swimming	Group	Monday 3/9	Tuesday 3/10	Wednesday 3/11	Thursday 3/12	Friday 3/13	Saturday 3/14	Sunday 3/15	
	Gold	6:45-8:30pm	7:00-8:30pm	6:45-8:30pm	OFF	5:30-7:00am	9:15-11:15am	2:00-4:00pm	
	Silver A	5:30-6:45pm	5:45-7:00pm	5:30-6:45pm		OFF	11:15-12:45pm	2:00-3:30pm	
	Silver B								
	Bronze A	OFF	4:45-5:45pm	OFF	5:00-6:15pm	6:00-7:15pm	11:15-12:30pm	OFF	
	Bronze B								
	Speedster A	4:45-5:30pm	OFF	4:45-5:30pm	OFF	5:00-6:00pm	11:15-12:15pm	OFF	
	Speedster B								
	Lessons/ Evaluations	6:30-9:00pm	OFF	OFF	3:30-6:30pm	OFF	9:30-12:30am 1:30-4:30pm	OFF	
Covington									
Groves									
Seaholm									
Tweak		Lessons/Evaluations							

Week of March 9, 2026									
Atlantis Swimming Senior & Masters	Group	Monday 3/9	Tuesday 3/10	Wednesday 3/11	Thursday 3/12	Friday 3/13	Saturday 3/14	Sunday 3/15	
	Masters	5:30-7:00am	5:30-7:00am	OFF	5:30-7:00am	5:30-7:00am	OFF	OFF	
	Senior	5:30-7:00am	5:30-7:00am	OFF	OFF	5:30-7:00am	9:15-11:15am	OFF	
			6:30-8:30pm	6:30-8:30pm	OFF	OFF	OFF	3:30-5:30pm	
Northhills Middle									
Royal Oak									
Groves									